

An Introduction to Person-Centered Practices in Virginia

The following information on Person-Centered Practices is available following a nearly two year process of collaboration between individuals and families, state and local agencies and private providers. This development reflects cooperation not only across people and agencies, but also across initiatives as our state has worked to advance person-centered thinking and planning for people with disabilities and seniors. Major forces in advancing person-centeredness at this point in the Commonwealth's history have included:

- the 3-year Rebalancing Grant, administered by the Partnership for People with Disabilities that brought Essential Lifestyle Planning (the work of Michael Smull and Associates) to our state
- the Building Person-Centered Organizations Grant (also with Michael Smull)
- the Person-Centered Practices Leadership Team and Field Test
- the Systems Transformation Grant that calls for person-centered practices and self-direction in the Mental Retardation/Intellectual Disability, Developmental Disability, Day Support and Elderly & Disabled with Consumer Direction Waivers
- the Money Follows the Person Demonstration Initiative, in which every individual moving out of an institution must have a person-centered transition plan
- the ongoing support of the Offices of the Governor and the Inspector General.

This planning process is grounded in Virginia's five principles of Person-Centered Practices:

- *listening*
- *community*
- *self-direction*
- *talents and gifts*
- *responsibility*

The planning materials are simple and ensure attention to health, safety, choice and control. They promote individual involvement and shared accountability.

The website includes two sections of PCP forms/procedures: those to be used for Money Follows the Person and those currently being used by providers involved in the PCP Field Test. All providers are welcome to investigate the PCP documentation forms in the field test section and try them if desired.

1. Money Follow the Person (MFP) which includes the following planning materials needed for individuals transitioning from institutions to the MR/ID Waiver under MFP. After the person-centered planning process, providers are responsible for developing individual service plans on their current forms and utilizing their current documentation systems and in accordance with MR Waiver and DMHMRSAS Office of Licensing policies and regulations.

All required person-centered components are included in the first two of the following sections and the third section offers samples for review:

Before Planning

- Guidance materials

- Essential Information
- Individual Profile
- Risk Assessment (SIS Part 4)
- Partner List

At Planning

- Individual Support Plan
- Discussion Record
- Planning Questions
- Agreement Page

Samples

2. MR Waiver Documentation for Review

In this section, you will find trial documentation that is entering a phase of development for the MR Waiver. The expectation is to develop a documentation system that is simple, user and family friendly, supports person-centered planning and that is available to providers across the state.

You may provide feedback and direct questions to the Community Resource Consultant serving your region.